

Becket Keys Church of England School

25th April 2025

EXAM SEASON IS HERE!

IN THIS ISSUE

Mr Scott-Evans writes.....

Year 8 are off to Bude next week for a residential trip of water sports, high ropes, early morning runs and other physical activities. I am extremely proud of our students who, in such high numbers, have committed to taking on this challenge down in such a beautiful place! It is great to see a year group so coherent and committed to each other. I am equally proud of our teachers for taking on this awesome responsibility. Being in 'loco parentis' for nearly 100 students, 24 hours a day, from Thursday to Monday is a significant responsibility and a big commitment and sacrifice. They are giving up their Bank Holiday weekend for this! We are also grateful to the staff members'

families and friends for giving up time with their loved ones.

I ran my first school residential trip in the first year of my teaching career (over 25 years ago!). I look back now in amazement that the head teacher (Mr. John Knightbridge) let me take on such an undertaking in my first year! However, he knew then what I know now: that the rewards are so great that the risks and the hard work are well worth it.

As society becomes more and more litigious and increasingly risk averse it is a real shame to see so many schools avoiding residential trips. With young people spending more and more time inside on their phones,

.....contd. on page 2



BECKET KEYS
Church of England School

Exams!

Tips on how to stay healthy during the exam season.

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Remember that there are many clubs for students to join. A few are highlighted here.

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playing console games and watching YouTube or streaming services, the need to take them out and to experience risk and adventure has probably never been higher.

Many wonderful learning experiences take place in the classroom every day and of course you can learn a lot on-line, but there is really no substitute for the sort of learning you can do on a residential trip.



Students may feel they know their classmates and teachers already, but we always find that living together in community brings a completely new dimension. It also allows opportunities for interdependence, leadership, teamwork and trust. Memories forged on school trips stay with us for life. I am sure all parents will agree that it is our school trips from our school days that we remember most clearly. We want

to create these memories for our students too.

In my experience, time and time again, students surprise us on school trips. Last time I went to Bude it was those who struggle to shine in the classroom, who came to the fore out of it. Very positively, this then fed back into the school, when we returned. New leaders were discovered, and self-esteem was raised. Meanwhile, students who normally excel had to find a new skillset outside of what normally worked for them in the school setting. It is all rather marvelous!



Of course, school trips also make a major contribution to the field of languages (Madrid for Year 9 is coming up and the China trip is set for later in the year). These are all key parts of our school provision for wider personal development that was so richly praised in our recent OfSTED inspection report.

For Year 8 students not attending Bude, we will be following a programme of in-school enriching activities for them. We do this with passion and gusto knowing that for some families the cost of a residential trip is simply

impossible. We will report back on both in due course.

Bon Voyage Year 8! I pray you have a wonderful time. Stay safe and look after each other. I am sure you will.

**Mr Scott-Evans
Headteacher**



Year 9 - Madrid 2024



Year 9 - China 2024



Year 8 - Bude 2024



Year 7 – Manor Adventure 2024

How to Stay Healthy during Exam Season

1. Eat proper meals



Stress can have an adverse effect on your appetite but skipping meals will not do your concentration any favours. Embrace the cliché and make breakfast the most important meal of the day. Eating foods with slow release carbohydrates throughout the day will help to fuel your revision. You can get a free bowl of porridge in the restaurant every day. Maybe add some honey or fruit for a delicious start to the day.

2. Keep hydrated



Water allows many of the chemical reactions in our bodies to take place, therefore the speed at which our

brains can work and process information will be affected if we become dehydrated. Drink plenty of fluid; 6-8 glasses or around 2 litres each day - water being the

liquid of choice to keep your body functioning on top form.

3. Eat plenty of fruit and vegetables

Use fruit and vegetables as a healthy snack instead of crisps, chocolate or fizzy drinks. Blueberries, blackcurrants and other berries are all full of vitamin C, which is thought to help improve mental agility. Vitamin E and Zinc are also thought to have a positive impact on the brain so have a helping of pumpkin seeds and walnuts on hand next time hunger strikes.



4. Watch your caffeine intake

Caffeine acts as a stimulant and may aid concentration in small doses (the equivalent of one to two cups of coffee) but overdoing the caffeine will dehydrate you,



can cause palpitations and may disturb your sleep.

5. Try to avoid energy drinks

High-sugar, high-caffeine drinks may appear to give you an instant



buzz but are a poor substitute for proper food and fluid. The temporary high you'll get from a sugar-fix will be followed quickly by crashing blood sugar levels causing, among other things, fatigue.

6. Get enough sleep



While you want lots of energy during the day, when it gets to bedtime try to ensure your body and mind are ready to rest. Lack of sleep can make you more likely to reach for a sugary fix to get you through the learning lulls. Warm milk and herbal teas before bed have a sedative effect, while a carbohydrate-rich snack an hour or so before you head upstairs will clear the way for sleep-inducing amino acids to reach the brain.



Help out when you check out

Collect FREE donations for **FRIENDS OF BECKET KEYS** every time you shop online.



Join, shop and raise here:
easyfundraising.org.uk/causes/becketkeysschoolbrentwood

If you are doing shopping online. Why not see if you can help raise some funds for FoBK through your online purchases in a few easy steps:

Click [here](#) then

- Click 'Sign up and support this cause'.
- If new to Easyfundraising then set up an account.
- Browse the hundreds of online shops who participate in the scheme and go shopping! As long as you go into the online sites through the Easyfundraising site, you will register a donation to FoBK. You can even get an App for your phone! It will not cost you a penny!

If already a member, then why not refer a friend? FoBK will get a bonus when each person you refer makes a purchase.

Carmel Jane

IMPORTANT

REGISTER TO VIEW SCHOOL PHOTOS

Carmel Jane Photography will be visiting our School on the 1st of May 2025, to take the Year 11 & 13 Leavers' Individual & Group Photos.

All parents are requested to pre-register for instant access to your child's photographs once they are ready, pre-registration is required for every photo shoot.

Register in 3 easy steps in less than a minute:

1. Head to www.carmeljaneshop.co.uk
2. Enter your unique code : JRFTVDKN5B
3. Include your child's full school register name.

Don't miss out - pre-register today!

Reminder

All feminine hygiene products are free to students in school.

Please collect from Medical or Reception.

[Nationally Televised Advert](#)






Colouring Club!

Come for a relaxed lunchtime in Library B with Miss Bolt.

Colouring pages, pens and pencils will be provided.

You are welcome to bring any extra pens/ pencils/ supplies and your lunch.

Mondays - 12:40 - 13:30

HOCKEY CLUB

Wednesdays after school on the astro from 3:15-4:15.

You don't have to be an expert all levels of hockey ability are welcome, the more the merrier. Let off some steam, learn and perfect skills. Led by experienced sixth form hockey players.




JOIN US!



YOU WILL NEED:


- PE KIT
- SHIN PADS (FOOTBALL OR HOCKEY PADS)
- ASTRO FOOTWEAR/HOCKEY SHOES
- IF YOU DESIRE YOU CAN BRING YOUR OWN HOCKEY STICK BUT THEY WILL BE PROVIDED
- GUMSHIELD (IF YOU HAVE ONE)
- LONG SOCKS (FOOTBALL OR HOCKEY)



Mandarin Excellence Programme

Y7, Y8 and Y9 Mandarin lunch time club (for Mandarin students only)

Year 7	Year 8	Year 9
Every Friday 13:00-13:30	Every Monday 12:10-12:40	Every Wednesday 12:10-12:40
First session will be on 4 th October	First session will be on 30 th September	First session will be on 2 nd October



Late Gate

Early is on time,
On time is late,
And late is unacceptable!

This is especially
important if you have an
exam!

At Becket Keys, we look to ensure that we are preparing students for life beyond school. We encourage students to attend school regularly and on time.

Remember that the school gate closes at **8.25am**. This allows students enough time to be at their first lesson on time. Period 1 begins at 8.30am.

Brentwood can be tough to negotiate during rush hour, so we encourage students and parents to contact the school in the case of **genuine** lateness, such as delayed public transport.

Parents can call the main school line 01277 286600 or use the "Studybugs" app.

We thank you for your support.





Elevate is an award-winning organisation that has been working with Becket Keys students to help them become more effective learners. Your child's ability to self-motivate, manage their time and prepare effectively will be a crucial factor to guarantee their success over this academic year.

Join us for our exclusive webinar series where we will show you – as parents – how to best support your child through school.

WHAT YOU GET IN THIS LIVE TRAINING SERIES

1. Strategies for improving your child's study process and to help them to manage stress and anxiety in the lead up to tests & exams.
2. Learn the "behind-the-scenes" secrets that Elevate's coaches share with their coaching students that get them top marks each year.
3. Access the parent community to see how other parents are coping and what you can implement today.
4. Gain FREE ACCESS to downloadable templates that can give you the control and visibility you need to assist your child.
5. Learn about 1:1 Online Student Coaching to understand how Elevate's young coaches are helping students across United Kingdom to find a new way to study.

ELEVATE HELPS OVER 1 MILLION STUDENTS ANNUALLY



3 min read



Study Timetables

One of the most common questions we get asked by parent is, "how much study should m...



3 min read



Is your child motivated?

It's quite common to find that by week 3 or 4, students are losing

Register [here](#) for free Parent Webinars.

English Department – House Competition

This year we have launched the English Interhouse Competition. Over the course of this school year, students will have 6 opportunities to earn points for their house in an attempt to be the overall winner of the English Competition. Each term, we will run one round of this competition for Year 7 and 8.

Round 4 was to create a blackout poem. There were a good number of entries, which made judging very tough but eventually a decision was made.

Year 7

1st Place – Henry Bannister (7FS)

2nd Place – Aadya Pramod Jain (7EW)

3rd Place – Olivia Bamber (7PP)

Round 5 of our Interhouse competition started on Wednesday 23rd April, which is for students to write a letter to an author explaining why they enjoyed their book so much. Students will find guidance on this in News for the Day, which their form tutors will show them. You have until Friday 23rd May to get these entries in. Remember you get points just for entering, so every entry really does count. I am looking forward to seeing all the entries.

Miss White
English Teacher



Leaderboard for Year 7:

- 7FS – 1st Place
- 7EW – 2nd Place
- 7PP – 3rd Place
- 7AC – 4th Place

Leaderboard for Year 8:

- 8AC – 1st Place
- 8PP – 2nd Place
- 8EW, 8FS, 8HS & 8WW – Joint 3rd Place

WEEK 2

Week Commencing: 07/04/25, 28/04/25, 19/05/25, 09/06/25, 30/06/25, 21/07/25

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS £2.80	VEGETARIAN MAIN MEALS £2.80
MONDAY Traditional Sausage & Mash with Onion Gravy	MONDAY Vegan Sausage & Bean Casserole (VE)
TUESDAY Chicken & Tomato Pasta Bake Served with House salad	TUESDAY No Waste Cauliflower Cheese Pasta Bake (V)
WEDNESDAY Hand Carved Roast British Turkey, Crisp Roasties, Seasonal Vegetables, & House Gravy	WEDNESDAY Cheese, Leek and Potato Pie (V)
THURSDAY Sweet & Sour Chicken with Fried Rice	THURSDAY Chinese Vegetable Stir-Fry (VE)
FRIDAY Chip Shop "Fryday" Fish, Pizza or Fishcake & Chips with Peas & Tartare Sauce	FRIDAY Vegan Quorn & Ranch Slaw Burger Served with Chips & Peas (VE)

DESSERTS Free with the main meal or £1.55 if purchased individually

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dutch Apple Cake	Warm Blueberry Sponge	Apple & Mixed Berry Crumble with Vanilla Sauce	Banana Pudding with Custard	Fruit, Jelly & yoghurt Pots

Fruit and Jelly Pots Available Daily - Price: £1.00

HOMEMADE SOUP & FRESHLY BAKED BREAD Available Daily £1.80

JACKET POTATOES Topped with a Choice of: Cheese, Tuna or Beans Available Daily Prices from £2.10

Innovate

street VIBES **MADE YOUR WAY!** **CHOOSE IT! ADD IT! TOP IT!**

Switch up your flavours with our street food-inspired range, available **Tuesday to Thursday**. With weekly rotating choices, there's always something tasty. **£2.80**

Choose a base, add protein, and top it your way!

Visit the restaurant to check out what's on offer each week

NATURALLY Hot Bowls Prices £2.65

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Buffalo Cauliflower Wings with Salt & Pepper Wedges (VE)	Vegan Singapore Noodles (VE)	Singapore Fried Rice (VE)	The Big Plant Burger (VE)	Garlic & Chilli Noodles (VE)

TRATTORIA Pizza from £1.55, Pasta 12oz £2.20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tomato & Basil Pasta	Pasta in Cheese Sauce	Margherita or Pepperoni Pizza	Creamy Pesto Pasta	Margherita Pizza

6 DAILY MEAL DEALS
Bringing You Great Value Every Day!

CHOOSE ONE FROM + **CHOOSE ONE FROM**

- 1 MAIN MEAL**
Choose from our daily changing main meals
- 2 SELF-SERVE SALAD BAR**
With a range of fresh salads to choose from
- 3 12OZ PASTA POT**
Daily changing sauces
- 4 JACKET POTATO**
with 2 toppings
- 5 SUB ROLL**
Made fresh on site daily
- 6 CHILL DEAL CHOOSE 4**
1 Filled Roll, 1 Snack Pot 4oz, 1 Small Home Bake, 1 Drink

DESSERT OF THE DAY OR PIECE OF FRUIT OR BOTTLE OF PLAIN WATER

ALL MEAL DEALS £2.80

OR

Chill deal

SPUD KING **MADE YOUR WAY!** **Only £2.80**

CHOOSE IT! **BAKED** **SWEET**

ADD IT! **CHICKEN CURRY** **CHILLI 'NON' CARNE**

LOAD IT! **CHEESE, JALAPEÑOS OR CRUSHED NACHOS** **SAUSAGE & BBQ BEAN**

TOP IT! **BBQ SAUCE, HOT SAUCE OR GARLIC YOGHURT DRESSING**

Created by **street VIBES**

Reminder – Equipment List

It is important that students are fully equipped every day, for every lesson. Not having the right equipment for learning can lead to wasted learning time. Students who come prepared are prepared for success! As a reminder (and this can be found in the Family Handbook) all students need to bring the following items as a minimum to each lesson in a suitable pencil case:

- Clear ruler
- 180° clear protractor
- Pencils
- Pens (blue, black & red)
- Rubber
- Compass
- Glue stick
- Whiteboard pens
- Calculator Casio fx GT85x.

A Prayer for Exams

Help me, God, to face each exam fresh,

My mind uncluttered from the one before.

If others have gone well, may I not be overconfident;

If they have been difficult, may I not dwell on them.

Keep my eyes only on the paper in front of me,

And fill my memory with the fruit of my revision.

Help me to give myself the best chance of success

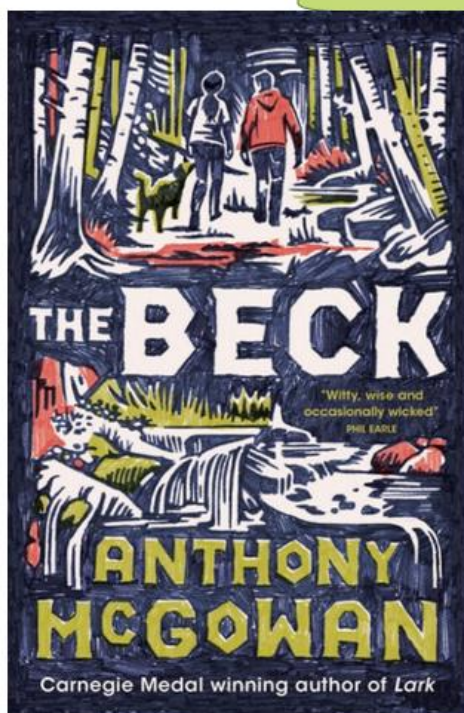
In every exam I take.

This we ask through Jesus Christ our Lord.

Amen



Book of the Month - April



An environmental tale packed full of heart and humour, as Kyle and his grandad execute a plan to save the local beck (a Northern dialect word for a stream).

Kyle is less than happy about getting dumped at his eccentric old grandad's for a couple of hours on a Saturday afternoon while his parents attend an important appointment in town. He is prepared for boredom and the fact that since his Granny has died Grandad has let both himself and the house go a little. He is embarrassed by his grandad's ratty old Elvis wig and the ugliest dog he has ever seen, his weird three-legged dog called 'Rude Word'. Kyle thinks the day is going to be a nightmare until his grandad introduces him to the marvels in the beck at the bottom of his garden.

Once filthy and full of rubbish, the stream has been cleaned up and has now become a nature haven for fish, slowworms and crayfish in this urban setting. But this magical world is under threat from a new development.

Together with a new young neighbour, Karthi, Kyle's grandad is determined to stop the builders and has an audacious plan to save the beck. When grandad falls ill, will Kyle find the courage to carry it out himself?

This book is published by a dyslexia friendly press.

Careers Information


Mid and South Essex Health & Care Academy are holding two recruitment events this academic year for Year 12 or 13 students coming to the end of their post 16 programmes who are interested in finding entry roles within the NHS or Social Care for their next steps.

The recruitment events will be held at our Integrated Care System Training and Education Facilities at Brentwood Community Hospital, Crescent Drive, Shenfield, Brentwood, Essex, CM15 8DR Wednesday 25th June 2025 between 10am and 4pm.

Students attending can meet local NHS and Social Care recruitment teams, explore opportunities, find out about apprenticeship pathways and ask any questions they may have about careers in the sector. The recruitment teams attending will also be interviewing on the day for entry roles they have available at the moment and successful students could leave with a job offer at the end of the day.

Find Your Healthcare

CAREER PATH >>>




Thinking about your next steps after college and interested in exploring opportunities in the NHS or Social Care?

Join us at our Mid and South Essex Health & Care Academy Recruitment Event!


WHAT TO EXPECT

- ✓ Meet recruitment teams from the NHS and Social Care.
- ✓ Learn about diverse roles and career pathways.
- ✓ Interview on the day for available roles.
- ✓ Explore apprenticeship opportunities.


Register to attend using the QR Codes Below




23
APR
2025




25
JUN
2025








10AM
4PM



Brentwood Community Hospital
CM15 8DR



**Be the future of
health and care
in Essex**



Are you looking to get into a **career in health and care** and want to explore the hundreds of roles and entry routes available to you? **Then look no further!**

Explore our new website... ➔

**Be the future of
health and care
in Essex**



The UCAT exam plays a vital role in aspiring dental and medical students' journey and Medic Mentor are committed to equipping students with the essential mentoring and resources they need to excel in this crucial exam. Through the guidance of experienced doctors, dentists, and insights from top 10% UCAT scorers in the country, these conferences offer comprehensive support for navigating the application process and thorough UCAT preparation.

Register for the Get Into Medicine Conference on:

Saturday 26th April, 9:30am - 3:30pm

Sunday 27th April, 9:30am - 3:30pm

<https://airtable.com/appgXnyzN5ZD9lwK6/shry7MZYtt3MGPjvO>

Register for the Get Into Dentistry Conference on Saturday 17th May, 9:30am - 3:30pm:

<https://airtable.com/appgXnyzN5ZD9lwK6/shrBuiR7SBAcC19kE>

Attending these conferences will provide students with valuable insights and strategies for tackling the UCAT, as well as giving them an opportunity to connect with other like-minded individuals who share their passion for medicine and/or dentistry.

During these sessions, we will cover:

- Entrance Exams: UCAT and UCATSEN
- Exam techniques and sample questions from each UCAT section
- UCAT shortcuts and timeline
- Best UCAT preparation techniques
- Tactically choosing universities
- Medical and Dental school interview skills
- Medical Leadership Programmes
- Medical and Dental Awards Programmes
- Extracurricular activities
- Work experience
- Building a medical/dental CV
- Applying for scholarships to study medicine or dentistry

Students will not only leave with enhanced test-taking abilities but also invaluable connections and resources to support their dream of a career in healthcare.

Apprenticeship and traineeship vacancies



If you are interested in an apprenticeship then it would be a good idea to follow [Find an apprenticeship](#). You will then be alerted to each week's apprenticeship and traineeship vacancy reports for our area and get an alert if there is a new opportunity. If you use the filter tool, you can view only the vacancies that meet your requirements (such as vacancies within a set region, start date and wage etc).

If you would like any advice on further education pathways please speak to your tutor or Ms North and we can arrange a meeting with one of our Careers advisors.

For more information on apprenticeships visit [apprenticeships.gov.uk](https://www.apprenticeships.gov.uk) or follow [@Apprenticeships](#) on Twitter.



benefit Apprentice Open Evening

Do you want to earn while you learn? Would you like to be a part of the most fabulous beauty brand working in our UK head office in Chelmsford, Essex?

Join us for our Apprenticeship Open Evening and dive into the world of our fabulous brand, meet our amazing teams, and get the scoop straight from our apprentices, past and present, about their own exciting adventures with us!

When: Tuesday 6th May

Time: 5.45pm – 8.00pm

Where: Benefit Cosmetics UK HQ, Marconi Building, New St, Chelmsford, CMI IPH

Email today with your name and contact information and we will reply with all the details you need to attend.

Email:
HRtraining@benefitcosmetics.com

Don't forget to bring along a parent or guardian if you'd like some support at the event!



What to expect and some pointers on how to prepare:

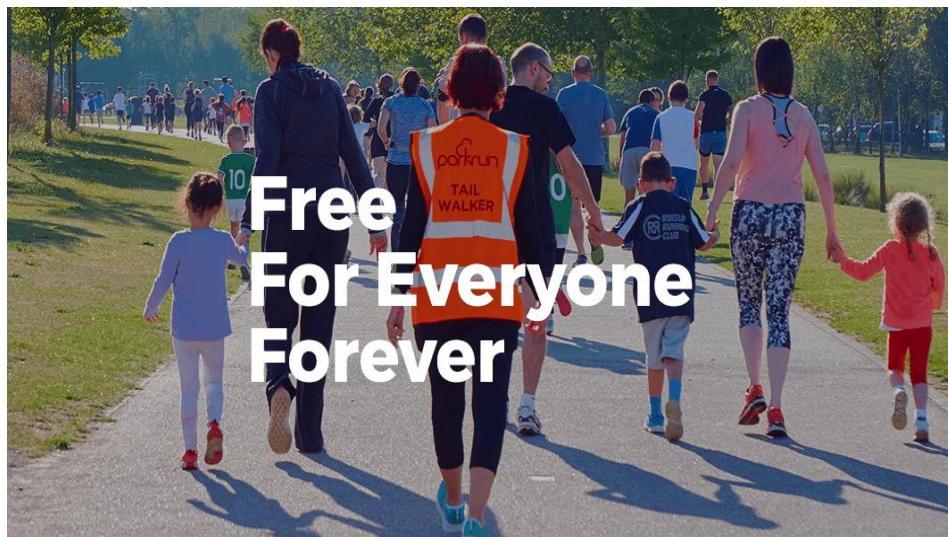
- The brand would like to get to know you and so following a group presentation you will be allocated a time for a short , 10 minute one-to-one chat with the team.
- Get to know the brand! Take a visit to one of the counters and get familiar with the products.
- Which products do you like/love and which are the most innovative?
- Tell us what skills you have and consider any previous experience that would help you excel.
- Is there a time when you have been set challenging targets/deadlines? How did you deal with that situation?
- Why do you want to work for Benefit?



This week the students have been getting tips on how to look after their Mental Health. It is important to spend time outdoors in nature and to be active. Spending time in nature has been found to assist with anxiety and depression and there are also links between nature and relaxation and being outside gives our bodies much needed vitamin D from sunlight. Being active is good for both your mind and body and every minute of activity counts; the more you do the more you will benefit. Exercise can improve your sleep, clear your mind, boost your energy and help with back or joint pain.

In order to combine nature and exercise why not join the Parkrun? Parkrun is a free, community event where you can walk, jog, run, volunteer or spectate. Parkrun is 5k and takes place every Saturday morning. Junior Parkrun is 2k, dedicated to 4-14 year olds, and their families, every Sunday morning.

Parkrun is positive, welcoming and inclusive, there is no time limit and no one finishes last!



Everyone is welcome to come along.

Parkrun is free and you only need to register once whether walking, jogging, running, volunteering or a combination.

There are currently 1,163 parkrun events around the country taking place every weekend, with more locations being added all the time.

You can go along to any event, any weekend. Find out more here:

<https://www.parkrun.org.uk/>



Vitality

Alzheimer's
Research
UK

OP

WithU

LTE LONDON
MARATHON
EVENTS

BROOKS

DATES FOR YOUR DIARY

*

UCAS PARENT EVENING
TUESDAY 29TH APRIL 2025
5.00pm – 6.30pm

*

YEAR 11 & YEAR 13
SCHOOL LEAVERS PHOTOGRAPHS
THURSDAY 1ST MAY 2025

*

MAY DAY – BANK HOLIDAY
MONDAY 5TH MAY 2025

*

CELEBRATION DAY FOR YEAR 11 & YEAR 13
TUESDAY 6TH MAY 2025

*

MADRID TRIP – YEAR 9
THURSDAY 22ND MAY – SUNDAY 25TH MAY

*

WHITSUN BREAK
MONDAY 26TH MAY – FRIDAY 30TH MAY 2025

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